



# ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 3rd March, 2016

Term 1 Week 6B

Dear Parents, Staff and Friends of St Joseph's Community,

## Project Compassion

Caritas Australian's annual fundraising and awareness-raising appeal, brings thousands of Australians together in solidarity with the world's poor to help end poverty, promote justice and uphold dignity.

Running through the six weeks of Lent each year, Project Compassion is an extraordinary, ongoing demonstration of the faith, love and generosity of caring supporters, all in the name of justice and peace. It is the lifeblood of Caritas Australia; without it, we could not do the vital work we do. In Project Compassion 2015, \$11.57 million was raised to help the world's poorest communities.

## Project Compassion 2016

The theme for Project Compassion 2016 is **"Learning more, creating change"**.

As Pope Francis says "Education is an act of hope", so this Project Compassion celebrates the power of learning and the many ways in which Caritas Australia is working with local partners around the world to provide vital learning and renewed hope to children, women and men most vulnerable to extreme poverty and injustice.

Throughout Project Compassion 2016, inspiring stories from Malawi, Laos, Papua New Guinea, Australia, Cambodia and India will show how education, training and sharing knowledge can empower individual communities to transform their futures and create lasting change.

**"Together we can empower the world's poorest people with the opportunity to learn, grow and create change".**

Bishop Greg O'Kelly - <http://www.caritas.org.au/projectcompassion/about>.



## Parents and Friends Association - Claim the Date

The Annual General Meeting will be held on 21 March, 2016 in the staff lunch room commencing at 7pm. All parents and friends are most welcome.

Mr John Barrington, Principal.



## Assistant Principal

### **Have you registered to receive important messages regarding your child's Academic and Behavioural progress on the Sentral Parent Portal?**

Another reminder to all parents that teachers are regularly communicating merit and demerit information with you via the Sentral Parent Portal, accessible with the personalised key that all parents have been requested to activate.

It is therefore necessary for parents to keep checking the Parent Portal on a weekly basis to view valuable messages pertaining to your child's academic and behavioural progress at school. To avoid surprises when a teacher contacts you or at Parent Teacher Interviews, all parents are reminded to register your access and check the Parent Portal Dashboard options if you have not already done so. If you are unsure of this process, please email Penny Corradini on [corradinip01@dow.catholic.edu.au](mailto:corradinip01@dow.catholic.edu.au) to have your instructions and personalised access key emailed to you.

Parents are reminded the School Uniform and Grooming Policy requires all students to wear full summer uniform to school on every day except Fridays. On days where students have PDHPE, students change their uniform at the start and end of their PDHPE lesson. We would like to clarify for parents that exemptions due to the weather, having PDHPE and students preferring not to get changed or to carry their sports uniform in their bags - are NOT permitted.

*Mrs Jenny Bell , Assistant Principal*



Attached to this week's Newsletter is an article entitled "10 Ways to help your child get a good night's sleep". It contains tips and advice for managing TV, electronic devices and more, so your children (and you) can get to sleep and enjoy a good nights sleep. Please take some time to read this very interesting article. *Mrs Gail Tarrant, Pastoral Care Coordinator*



### **Year 12 Parent Teacher Interviews**

Year 12 Parent Teacher Interviews will be held on Wednesday 16th March, 2016, commencing at 3:50pm and continuing until 8:00pm, in the school hall. Bookings

can be made through the Sentral Parent Portal and will open at 9am on Monday 7th March and close at 12 noon on Tuesday 15th March, 2016. All parents of Year 12 students are strongly encouraged to attend these interviews to obtain progress information for students as they work their way towards HSC examinations. If you have any problems booking interviews or with your access to the Parent Portal please contact Penny Corradini 4230 8511 or [corradinip01@dow.catholic.edu.au](mailto:corradinip01@dow.catholic.edu.au).

### **Year 7, 2017—Enrolments Now Open!!**

Enrolments for students into Year 7, 2017 are now open. Application packages are being delivered to Catholic Primary Schools or can be obtained from our Administration Office or collected at our Information Evening. Applications are due by Friday 8th April, 2016.

Our Parent and Student Information Evening will be held on Tuesday 8th March, 2016 commencing at 7:00pm in the School Hall.

Day Tours during March will be held on Mondays and Thursdays commencing at 9:30am and Evening Tours will be held on Tuesday 15th March and Thursday 31st March commencing at 5:00pm.

Bookings for School Tours are essential by calling the Administration Office on 4230 8500.

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In Australia many Aboriginal and Torres Strait Islander people have become separated from their culture and struggle to find their identity. They are often ignored and marginalised in conversations and policies which affect their well-being. It is our responsibility to give back to our first peoples what our forebears have taken from them - land, dignity and freedom. In remote Aboriginal communities, such as the one featured in Project Compassion this week (click [here](#) to view) art, storytelling and ritual are important ways to preserve culture and so uphold the dignity and self-worth that is a basic human right. Jesus invites us to be the missionaries of the word who reflect the goodness of God. We who have much, have the means to uphold the dignity of our first peoples by our generous giving of our resources.

Over the last week the school community has given generously, more than doubling the total money raised in the first two weeks. Our total so far is just over \$1100, but there's definitely room for improvement. We encourage students to go without something once a week - such as that extra item at the canteen - during Lent and donate to Project Compassion instead.

*Miss Senitta Hurley*

### Uniform Shop

Trading hours - Monday from 12 noon to 4:15pm And

Thursday 8:30am to 1:45pm

Winter Jumpers are now in stock!!

### Price Rise

Unfortunately it has become necessary to increase uniform prices due to an increase from our supplier. Prices will increase from Monday 14th March. A new pricelist will be emailed to all parents as soon as possible.

**SORRY** - the Uniform Shop is no longer able to receive Cheques as payment. Full Eftpos facilities are available.

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### Important Dates for your Diary

- 8/3 - Year 7, 2017 Information Evening
- 9/3 - International Women's Day
- 16/3 - Year 12 Parent Teacher Night
- 18/3 - St Joseph's Day
- 21/3 - Harmony Day
- P&F AGM - 7pm in the Office
- 25/3 - Good Friday
- 28/3 - Easter Monday
- 30/3 - Year 11 Parent Teacher Night
- 8/4 - Last day Term 1
- 26/4 - First Day Term 2
- 28 & 29/4 - Year 8 Reflection and Pastoral Days
- 5 & 6/5 - Year 9 Reflection and Pastoral Days

### Canteen Roster 2016

|            |                                                           |
|------------|-----------------------------------------------------------|
| 7th March  | Kim Power, Bev Timbs                                      |
| 8th March  | Colleen Walsh, Dianne Meharg, Elizabeth Oiteirin          |
| 9th March  | Carmen Formosa, Emma and Garry McLaughlin, Deborah Fenton |
| 10th March | Nell Derubeis, Linda Wilson                               |
| 11th March | Amanda Walker, Nicki Collingburn, Louise McDade           |

### Careers Room is Open!!

Students may visit the Careers Room F8 at Lunchtime on Tuesdays or Fridays or by appointment at other times. All year groups welcome.  
Mrs Sue Kennedy—Careers Adviser



**THE THREE PILLARS OF LENT**



# SPORT REPORT

By Mrs Michelle Garbutt & Mrs Jodie Linsley - Sport Coordinators

## Touch Football

Last Thursday the U/13 Boys Touch Football team went to the Diocesan Touch competition at Dalton Park. The team started the day with the objectives of victory and enjoyment!! The first game against Magdalene got underway and the team began to develop the teamwork skills required for a successful day. The game was a hard fought tussle with a try in the last minutes sealing a fine victory for St Joseph's. The second game saw us matched against the favourites, Edmund Rice College. A number of defensive errors allowed ERC to jump to a substantial lead. Unfortunately despite the team's valiant efforts we were unable to overcome the gap. The game against St Benedict's was another close encounter. Defence was the problem again early in the match allowing an excited St Benedict's get to the lead for the first time. The match saw us sawed with the mountain boys experiencing joy and heartache. A final try to St Joseph's meant that we had claimed our second victory. Our confidence soared and may have lead to overconfidence! The heat began to take over and our cohesion disappeared like the ice that we used to cool down! In the next few games we finished second in each match. A little disappointing from a team promising so much. Due to the heat, two of the scheduled games were cancelled. We came back with a few wins and a few losses. It was good to see the team put in 100% effort and have lots of fun. The boys put in a great team effort. A special thanks the team, Mr Armstrong and our parents for a great day.

*Joel Smith, Thomas Carroll and Dylan Simmons*



**Congratulations** to Mitchell Heffernan who has been selected to represent Australia in the 2016 Trans Tasman OzTag series. He will travel to Auckland, NZ at the end of March with the Boys 16 years Division. And further **congratulations** to Jye Shumack who has been selected in the NSW Athletics team to compete at the Australian Junior Championships in Perth next week. Jye achieved this in the high jump with a jump of 1.88m at the NSW Country Championships. He is competing in the U/17's (even though he has just turned 15!!). Great work Mitchell and Jye!





## Library news & updates

This week the library hosted a number of school events focusing on our school theme of Community. Our Year 7 students were involved in the iPad 'Bootcamp', learning about the safe and responsible use of their devices

within the school setting and the wider school community. Students are encouraged to use their iPads in the library to complete homework, access Google Drive and research topics set for study. Students are not permitted to play games on their devices at any time, within the library setting. This week Mrs Radnidge, Mrs Chard and Mrs Russell's Year 7 English classes accessed the library to familiarise themselves with the library catalogue and in preparation for the Literature Circle activities. This has been a great opportunity for our Year 7 students to learn about ways that they can become involved in our school community and access the wonderful resources our library has to offer.



### **Munday**

Munday has been a huge success this term as our senior students complete assessment tasks and work toward half yearly exams. Munday gives senior students an opportunity to access library resources, share valuable study time with their peers and collaborate with their classroom teachers as they prepare for assessment tasks and examinations. Thank you to the many students who have attended in recent weeks. Many thanks to Miss Masi, Miss Muniz, Mr Lewis, Miss Conlon, Miss Hurley and Mrs Stewardson for sharing their time and expertise with our senior students each Monday afternoon.

### **Book Club and Chess Club**

'Book Club' and 'Chess Club' are wonderful ways to meet new friends, learn new skills and become involved in our school community. Any students interested in joining either of these clubs, please write your name on the list in the library. Our meetings will start soon.

### **Project Compassion**

This week the library presented the film - 'Star Wars, A new Hope' as a way of raising funds for Project Compassion. Many thanks to the students who involved themselves in the spirit of giving and attended our first blockbuster!! We managed to raise \$44 for a worthy cause. Thank you to Mrs Russell, Mr Pannell and Miss Hurley for their help and support. Stay tuned for next week's film!

*Mrs Frances Schneider, Librarian*



COMMUNITY  
NEWS



### **The Ultimate Learner Log Book Run Experience**

An opportunity for learners and their supervisors to experience a series of practical and powerful demonstrations whilst gaining log book hours on a planned route. This free event will be held on Sunday 20th March from

9am-1:30pm at Lake Illawarra PCYC. For bookings, please call Jenny Davies at Shellharbour Council 4221 6124.

### **Local Sporting Champions - Grants to help Young People**

If your child plays sport you are aware of the costs associated with competing, particularly at higher levels. The Local Sporting Champions Program provides financial assistance for young people aged 12-18 years towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at sporting competitions. Applicants must apply online before the event and it needs to be more than 125km from home. Applications for funding will be assessed 2 times a year. Closing dates in 2016 are as follows: 30th June and 31st October. For further information click [here](#). This is an initiative from Stephen Jones MP.



## Year 8 English Update!

Year 8 English have continued their work on 'Poetry through the Ages'. Here are just a couple more pieces of writing.

### The Day I Started to Love

I remember the day that I picked you,  
With your sweet little puppy-dog eyes.  
For my heart was searching for love too,  
When I looked down and saw your soft cries.  
Your brothers and sisters were running,  
They were chasing falling clothes pegs.  
But there was a beautiful puppy so stunning,  
Trying hard to climb up my leg.  
Nine years it has been since that moment,  
And I thank the Lord for this heavenly gift.  
Each day you give me so much enjoyment,  
Your heart has given my heart a wonderful lift.  
Today I know as clear as a beautiful summer's sky,  
I didn't pick you; you rather picked me.

By Harmony Collins

### The Story of the Sea

I'm about to tell you the story of the sea,  
Which is the best story to tell.  
The sea is very close to me  
And always alive and well.  
The water glimmers,  
And the sand is white.  
The fish shimmer,  
And the waving coral is quite a sight.  
But fish are the greatest part.  
Is it the way they swim or their coat of mail  
That lets me truly say that they are in my heart.  
Fish are something we all should hail.  
I wish that I could stay with them forever  
Because they truly are the greatest treasure.

By Quinn Dall'asta

## What did you miss at Joeys this week?



Mikayla Stephens gymnastics performance (a must see...)  
Mr Hughes speaking at school assembly on #GrowthMindset...  
Sam Tonks interpretation of The Starry Night  
U13 Boys Touch team at Diocesan Touch Football  
Mr Brown's construction class - bricklaying action!  
Y11 Legal Studies classes at Downing Centre Sydney  
Y10 Marine Class excursion - surf survival & awareness.  
Cross-country carnival action photos  
and much much more... (click on link below)

<https://twitter.com/sjchsdow>

JOIN US @sjchsdow

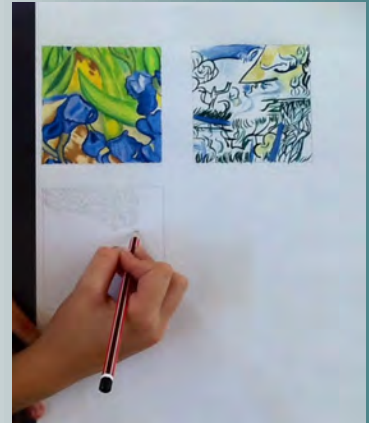




# What's Happening at St Joseph's

## Creative Arts - Visual Arts!

In preparation for their Making Assessment Task on the Natural Environment, Year 10 Visual Arts are exploring and creating studies of Van Gogh's artworks and mixed media exploration to assist them with their own art making practice. Students will also be attending a field day in March to observe and record aspects of the natural environment to support their art making. We are looking forward to seeing their finished collections of work.



Mrs Sally Berto, Creative Arts Teacher



Don't Forget....Miranda Moffat Year 9 is participating in this year's World's Greatest Shave with the aim of raising \$5,000 for Leukaemia Research! This will take place at school on Friday 18th March. Please show your support by donating. Email [Miranda..moffatm01@dowstu.catholic.edu.au](mailto:Miranda..moffatm01@dowstu.catholic.edu.au) to get details on how to donate.

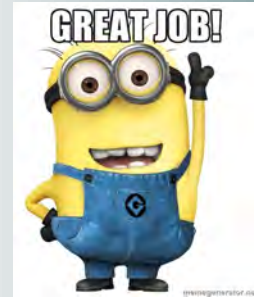


# What's Happening at St Joseph's

## VET Construction

Certificate II Construction students participated in their Bricklaying Assessment where they mixed mortar, cut bricks and built their own stand alone walls and piers ensuring they were plumb and level. Peter Sumner from All Up Bricklaying assisted in the delivery of skills and has been an amazing asset in developing student's knowledge and understanding of the required tools and techniques. Here are some photo's of the days work!

*Mr Nathan Milburn, VET Coordinator*



**Well done to all students on a good hard day's work!!**



**News just to Hand!!  
Congratulations to  
Mitchell Heffernan and  
Izak Parkes  
for making the  
Representative  
Wollongong Diocesan Open  
Touch Football Team!!!**



# MAKERSPACE REOPENING

with everything... (including a kitchen sink)

# COMING SOON...

so much more stuff!!!!

We are working hurriedly putting final touches on our new  
BIGGER, BETTER, BRIGHTER, DEDICATED MAKERSPACE  
(& more...)

It will be very exciting...

Stay tuned for more....

NEW TIME... NEW LOCATION... SAME FOCUS...



THINK IT  
DESIGN IT  
CREATE IT

#MAKERSPACE





The following is an extract from MHS CAREERS NEWS if you wish to see more please email [sue.kennedy@dow.catholic.edu.au](mailto:sue.kennedy@dow.catholic.edu.au)

### **University of Western Sydney: The Academy Scholarships**

The Academy at UWS offers substantial financial support for high-achieving students who are committed to academic excellence and to making a contribution to their community. Scholarships include the VC Leadership Scholarship, valued at \$10 000 per year, and the Dean's Scholarship and Academic Excellence Scholarship, valued at \$5 000 per year.

<http://www.theacademy.edu.au/scholarships>

### **UNE: School Talks**

UNE is running a series of talks for high school students. Topics include the HSC Acceleration Program, Pathway Enabling Program and Early Entry Program.

For further information email: [heidi.mair@une.edu.au](mailto:heidi.mair@une.edu.au) or Phone: 02 9633 1984 or 0481 767 711

<https://www.une.edu.au/>

### **University of Western Sydney College: Foundation and Diploma**

Foundation Studies allow guaranteed entry to an undergraduate degree at the University of Western Sydney. An ATAR is not required for entry. From Foundation Studies students can enter the first year of an undergraduate degree or complete a Diploma, which allows them entry into the second year of an undergraduate degree.

[https://www.westernsydney.edu.au/thecollege/courses\\_and\\_pathways/foundation\\_studies](https://www.westernsydney.edu.au/thecollege/courses_and_pathways/foundation_studies)

### **UNSW Indigenous Students Enabling Programs**

Enabling programs are designed for Indigenous people who have the potential, but are not yet prepared for first year undergraduate study. Enabling programs generally run for one year and are offered at UNSW's Kensington campus in Sydney. At the end of the program, students who have demonstrated an ability to perform at a tertiary level can apply to transfer into a degree program at UNSW. <http://www.nuragili.unsw.edu.au/unsw-enabling-programs>

### **UNSW Year 12 Medicine Information Evening**

24<sup>th</sup> March 2016, 6pm to 8pm, Sir John Clancy Auditorium, UNSW Kensington

During the evening information will be provided on the UNSW Medicine degree, regarding application, admissions and tips for the UMAT exam. Registrations open 29<sup>th</sup> February at 5pm.

<https://www.futurestudents.unsw.edu.au/year-12-medicine-information-evening>

### **Cadetships in Business and Technology in Sydney**

Applications for the **Business Cadetships Program** run by Professional Cadetships Australia open on 7 March and close on 11 May. Year 12 students apply online at [www.businesscadetships.com.au](http://www.businesscadetships.com.au)

Under the Program, UBS will continue to offer cadetship opportunities across the firm.

Information on the Program is provided on our website.

Applications for the **Engineering & Technology Cadetships (ETCAD) Program** will open on 26 April. The 2016 Program provides Year 12 students with the opportunity to apply for a Technology Cadetship at Westpac. On completion of their cadetship, Technology Cadets are well-placed to pursue a career in IT and in business. This year Rolls-Royce will not be offering Engineering Cadetships. Information on the ETCAD Program may be found at [www.etcad.com.au](http://www.etcad.com.au)

Applications close on 17 June.



### **How to Ace an Apprenticeship Interview**

This page provides information on what interviewers are looking for in an apprenticeship interview, including knowledge of the industry and English and Maths skills.

<https://www.migas.com.au/news/apprenticeship-interviews-what-do-we-look-for/>

### **Sarina Russo Apprenticeships**

Sarina Russo Apprenticeships allows prospective apprentices to register their interest, look at the job board, and find information on incentives and allowances for apprentices.

<http://sarinarusso.com/apprentices/>

### **Raffles College of Design and Commerce: 2016 School Holiday Workshop**

11<sup>th</sup> to 14<sup>th</sup> April, 2016

The workshops offered include digital media, fashion design, photography, fashion marketing, interior design and graphic design. The registration form can be downloaded from the URL below and then emailed to [contact@raffles.edu.au](mailto:contact@raffles.edu.au).

<http://www.raffles.edu.au/story/detail/school-holiday-workshops.html>

### **CATC Design School Day in the Life of a Designer Workshop**

4<sup>th</sup> July 2016 and 26<sup>th</sup> September 2016

The interactive workshop provides an opportunity to learn about creative careers and meet lecturers at CATC. There is the choice between the areas of graphic design, interior design or photo imaging. <http://www.catc.edu.au/about-us/upcoming-events/sydney>

### **Defence Work Experience Opportunities**

There are numerous work experience programs listed for all aspects of the Defence Force. They will provide an opportunity to get a taste of the job as well as learn more about the ADF and Public Service.

<https://defencecareers.nga.net.au/cp/index.cfm?event=jobs.listJobs&audiencetypecode=defenceworkexp>

### **The HSC and Careers Expo 2016**

2<sup>nd</sup> – 5<sup>th</sup> June 2016, Royal Hall of Industries, Moore Park, Sydney

The Expo includes exhibitors from tertiary institutions, training organisations, employers, career and gap year resources. Admission is \$10 per person, with school group discounts available.

<http://www.hscandcareers.com.au/>

### **Work Experience in Surveying**

Secondary school students who are potentially interested in a career in surveying can submit their details to this online form. A Life Without Limits will then attempt to put them in touch with an appropriate company for work experience.

<http://www.alifewithoutlimits.com.au/student-work-experience/secondary-students/>

### **A Career in Radiation Oncology**

Students interested in a career in radiation oncology or those exploring their options can use this site to gain better insight into the field of radiation oncology and what the job entails. Students are able to read career stories and learn how to start a career in this field.

<http://www.acareerinradiationoncology.com.au/>

### **Applying to the Australian Defence Force Academy**

It is advised that students wishing to study at ADFA apply in year 11 as it is a competitive selection process which may take up to 12 months to complete.

Gaining entry to ADFA is a dual process which requires students to apply directly to the Australian Defence Force while also applying concurrently to UNSW ADFA through UAC.

An offer to study at ADFA is conditional to meeting the academic requirements of UNSW as well as the mental and physical requirements of the Australian Defence Force.

<http://www.defencejobs.gov.au/education/adfa/howToApply/admissionProcess.aspx>





# KICK START YOUR CAREER

## CURRENT MIGAS VACANCIES

### Apprenticeships

- Certificate III in Production Nursery (Horticulture Apprenticeship) at Glenorie - 1<sup>st</sup> Year
- Certificate III in Horticulture (Retail Nursery Apprenticeship) at Glenhaven - 1<sup>st</sup> Year
- Certificate III in Horticulture (Horticulture Apprenticeship) at Hornsby – 1<sup>st</sup> Year
- Certificate III in Auto-Motive (Vehicle Body- Building Apprenticeship) at Silverwater- 1<sup>st</sup>-2<sup>nd</sup> year
- Certificate III in Glass and Glazing (Glazing Apprenticeship) at Wetherill Park – 1<sup>st</sup> Year
- Certificate III in Flooring Technology (Flooring Technician Apprenticeship) at Green Valley
- Certificate III in Engineering Fabrication Trade (Sheet Metal Apprenticeship) at Penrith – 1<sup>st</sup>-2<sup>nd</sup> year
- Certificate III in Automotive Manufacturing Technical Operations (Body Building Apprenticeship) at Smeaton Grange-1<sup>st</sup> yr
- Certificate III in Automotive Manufacturing Technical Operations (Heavy Vehicle Mechanic Apprenticeship) at Smeaton Grange 1<sup>st</sup> year
- Certificate III in Retail Nursery (Retail Nursery Apprenticeship) at Taren Point- 1<sup>st</sup> year
- Certificate III in ESI/Power Systems/Distribution Overhead (Powerline Worker Apprenticeship) at Prestons- 1<sup>st</sup> year
- Certificate III in Air-Conditioning and Refrigeration (Air-Conditioning and Refrigeration Apprenticeship) at Castle Hill- 2<sup>nd</sup>-4<sup>th</sup> yr
- Certificate III in Mobile Plant Technology (Plant Mechanic Apprenticeship) at Wetherill Park- 2<sup>nd</sup>-3<sup>rd</sup> year
- Certificate III in Mobile Plant Technology (Heavy Vehicle Plant Mechanic Apprenticeship) at Queanbeyan (ACT Region)- 1<sup>st</sup> year
- Certificate III in Air-Conditioning and Refrigeration (Air Conditioning Apprenticeship) at Parramatta- 2<sup>nd</sup>-4<sup>th</sup> year
- Certificate III in Plumbing (Plumbing/Gas Fitting Apprenticeship) at Penrith- 1<sup>st</sup> year
- Certificate III in Light Vehicle Mechanical Technology (Mechanic Apprenticeship) at Phillip (ACT Region)- 1<sup>st</sup> year
- Certificate III in Carpentry (Carpentry Apprenticeship) at Harrison (ACT Region)- 1<sup>st</sup> year

### School Based Apprenticeships/Traineeships

- Certificate III in Retail Nursery (School Based Apprenticeship) at Prospect
- Certificate III in Retail Nursery (School Based Apprenticeship) at Glenhaven
- Certificate III in Retail Nursery (School Based Apprenticeship) at Taren Point
- Certificate III in Horticulture (School Based Traineeship) at Warriewood
- Certificate III in Commercial Cookery (School Based Chef Apprenticeship) at Pialligo (ACT Region)

### Traineeships

- Certificate III in Recreational Vehicle Manufacturing (Traineeship) at Mount Kuring-Gai
- Certificate IV in Building and Construction (Project Coordinator Traineeship) at Mitchell (ACT Region)
- Certificate III in Business Administration (Business Administration Traineeship) at Sydney CBD
- Certificate III in Customer Contact (Receptionist Trainee) at Sydney CBD
- Certificate III in Warehousing Operations (Warehousing Traineeship) at Homebush
- Certificate III in Business Administration (Business Administration Traineeship) at Moorebank
- Certificate III in Business Administration (Business Administration Traineeship) at Wetherill Park
- Certificate III in Customer Contact (Sales Traineeship) at Chullora
- Certificate III in Customer Contact (Sales Traineeship) at Wetherill Park
- Certificate III in Warehousing Operations (Warehousing Traineeship) at Arndell Park
- Certificate III in Printing and Graphic Arts (Sign Production Traineeship) at Arndell Park
- Certificate IV in Engineering Drafting (Drafting Traineeship) at Beaconsfield



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# MIGAS

## APPRENTICES & TRAINEES





*Making a difference*

## **MIGAS LABOUR-HIRE POSITIONS**

**MIGAS now specialises in offering Labour Hire services in addition to our Apprentice and Trainee services.**

- Qualified Heavy Vehicle Mechanic at Arndell Park
- Qualified Heavy Vehicle Plant Mechanic at Wetherill Park
- Qualified Landscaper at Hornsby
- Qualified Air Conditioning Technician at Wetherill Park
- Qualified Flooring Technician at Green Valley
- Qualified Air Conditioning and Refrigeration Technician at Concord West
- Qualified Panel Beater/Qualified Spray Painter at Asquith
- Qualified Heavy Vehicle Trailer Mechanic at Smeaton Grange
- Qualified Vehicle Body Builder at Smeaton Grange
- Qualified Fabricator/Vehicle Body Builder at Wetherill Park
- Qualified Air Conditioning Tradesmen at Seven Hills
- Qualified Electrician at Rosebery

**For full details of each vacancy and to apply please visit**

**[www.migas.com.au](http://www.migas.com.au)**

*Be the next generation of qualified trades people.*



**1300 4 MIGAS**

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Call for your nearest branch

**[www.migas.com.au](http://www.migas.com.au)**

**MIGAS**

**APPRENTICES & TRAINEES**



COME AND EXPERIENCE  
LIFE AS A CSU STUDENT  
FOR A DAY AT...

**MYDAY** 2016  
YOUR UNIVERSITY FOR A DAY

# Bathurst campus Engineering MyDay

## ARE YOU INTERESTED IN AN ENGINEERING CAREER IN ANY OF THE FOLLOWING FIELDS...

- Civil
- Construction
- Municipal
- Structural
- Transport
- Geotechnical
- Water
- Hydraulic

## FIND OUT MORE ABOUT OUR COURSE:

- **Bachelor of Technology / Master of Engineering (Civil Systems)**

[www.csu.edu.au/courses/engineering](http://www.csu.edu.au/courses/engineering)

**WHEN:** Monday 11 April, 2016, 9:30am – 2pm

**WHERE:** Charles Sturt University - Bathurst Campus  
Panorama Ave, Bathurst

**DRESS:** Casual clothing. **Please note that closed in footwear must be worn as a requirement for participation in activities**

**FOOD:** BYO or food and beverages can be purchased from the on campus food outlets

See your **Careers Advisor** for a Registration Form or register your interest at:

[www.csu.edu.au/contacts/register-for-myday](http://www.csu.edu.au/contacts/register-for-myday)

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# 10 Ways to Help Your Kid Get a Good Night's Sleep

Essential tips for managing TV, tablets, phones, and more so your children (and you) can get to sleep - and stay asleep.

Parents know firsthand the impact a poor night's sleep has on children. Lack of sleep can contribute to crankiness, problems with attention and learning, behaviour issues, and even health problems such as obesity. Though the reasons for poor sleep vary, many parents worry that media and technology interfere with bedtime routines and sleep.

Studies on how media use affects teens' sleep aren't conclusive. But they do highlight certain behaviours that are associated with poor sleep. Below is list of tips for ways your family might manage tech use to help your children (and you!) sleep better:

**Encourage physical activity instead of screen time after school.** After a long day at school, many teens just want to plop down in front of a computer or TV and relax. Although they definitely deserve a break, studies show that increasing physical activity during the day can lead to better sleep.

**Keep devices off the bed.** It's possible that the blue light emitted from laptops, tablets, and smartphones interrupts sleep patterns. Set up other comfy spots in the living room or on the bedroom floor for tweens and teens to do computer work or just enjoy their screen time.

**Try white-noise apps to calm babies and toddlers.** With bedtimes for young children starting as early as 6:30 or 7 p.m., you may find it hard to provide a quiet environment for sleeping babies. Apps such as *White Noise* (iOS/Android, \$1.99) or *White Noise Baby* (iOS/Android, \$0.99) can help soothe the little ones to sleep while the rest of the family carries on with regular evening activities.

**Limit children's exposure to violent content.** Seeing violence in videos, on TV shows, in video games, and in movies can directly affect quality sleep. Exposure to media violence can increase anxiety and lead to nightmares that interrupt the sleep cycle.

**Keep TVs out of the bedroom.** The connection between bedroom TV and poor sleep is well established. Teens don't sleep as well or as long with a TV present.

**Make the bedroom a "no-connection" zone.** The growing trend of sleep-texting is a disturbing enough reason to play it safe. Confine online activity to common areas such as the dining room or living room and have teens charge their phones in another room at night.

**Minimise screen time right before bed.** Try to establish the hour or so before bed as a screen-free time for teens to wind down. A calming routine such as a bath followed by quiet activities or reading will help young children make the transition more easily. Getting teens to "unplug" before bed will help them disconnect from the excitement and drama happening online.



**Introduce your kids to meditation or calming apps.** Meditation apps can be a quieting addition to bedtime routines. *Stop, Breathe & Think* (iOS, free) offers 15 guided meditations that encourage teens to take stock of their mental and emotional states.

**Set up a phone/iPod charging station in the family room.** Some studies suggest that simply sleeping near small devices such as phones is associated with poorer sleep. With notifications and texts coming in at all hours, tweens' and teens' sleep will get fewer interruptions if they leave their phones in the living room or kitchen for the night.

**Model healthy sleep habits.** No matter which ground rules and routines you put in place for your family, it will be a hard sell if you don't practice what you preach. Young children emulate their parents, and tweens and teens will question your rules if you don't follow them yourself.

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